

Opening to Stillness Weekend Program

2008 Website Program Description

Meditation Retreat with Peter Russell

Open to Gateway Voyage graduates, this long weekend retreat will be an opportunity to deepen your practice of meditation and explore more fully the nature of spiritual awakening with Peter Russell, whose meditation sessions were greatly appreciated by many participants in and Graduate Exploration Essence.

Prerequisite for this program: Gateway Voyage

Program Details

Open to Gateway Voyage graduates, this long weekend retreat will be an opportunity to deepen your practice of meditation and explore more fully the nature of spiritual awakening with Peter Russell, whose meditation sessions were greatly appreciated by many participants in Exploration Essence and Graduate Exploration Essence.

There will be guided meditation instruction, silent group meditation, alone time in nature, and talks and discussions on various aspects of meditation and the process of awakening. The emphasis will be on the practice of profound simplicity, helping participants discover new ways to let go and open to the stillness of natural mind.

The retreat will be held at Roberts Mountain Retreat, offering greater seclusion, silence and opportunities for stillness. The Fall is a wonderful time of year to be there.

The retreat will start at 6 pm Friday, October 24, and finish at lunchtime on Monday, October 27. Participants are requested to be there for the whole retreat. The price of \$1,000.00 includes tuition, lodging and meals and local shuttle transportation between The Institute and Charlottesville Virginia.